The following is a list of major items that we have covered in Chapter 18. NOTE: This list is not exhaustive. You are responsible for everything we have covered in lecture. Use this list to make sure your notes are complete. DO NOT use this sheet as your only means of studying for the exam.

**Homeostasis**

Nervous vs Endocrine systems
Exocrine vs Endocrine systems
Peptide vs Steroid hormones
Circulating vs Local hormones
Hypothalamus---control of pituitary
Anterior Pituitary-6 hormones & function of each
Posterior Pituitary- 2 hormones & function of each
Thyroid—Thyroxine/Calcitonin
Parathyroid---PTH
Adrenal Cortex-3 hormones & function of each
Adrenal Medulla-Epinephrine/Norepinephrine
Pancreas---Insulin/Glucagon
Testes---Testosterone (organizational/activational)
Ovaries---Estrogens
Pineal---Melatonin
Thymus---Thymosin
Extrinsic regulation (neural/hormonal)
Intrinsic regulation (positive/negative feedback)
General Adaptation Syndrome
Alarm Reaction
Resistance Reaction
Exhaustion